

Abstract

The bachelor thesis deals with the differences in body composition and somatotype between a group of forwards in junior category and a group of backs in senior category in rugby. In the research there participated a total of 20 players from the rugby's club RC Ríčany in the age range 17 to 41 years.

The theoretical part of the thesis introduces rugby to the reader as a sport game. This part deals with the characteristics of rugby as a sport game of the competition, it describes its history, rugby rules, static factors, assumptions of physical condition of rugby players. Furthermore, the thesis also shows the morpho-functional characteristics of gaming positions (bioelectrical impedance diagnosis of body composition, Bodystat 1500).

In the research part there is diagnosed body composition while using bioelectrical impedance method Bodystat 1500. It analyzes the fundamental differences in the physique of forwards and backs in the junior and senior categories. By measuring selected anthropometric parameters there are calculated somatotype sof forwards and backs in the program Somatotype-Calculation and Analysis. On the basis of the results are made the conclusions, where the results are evaluated and compared.

Key words: rugby, forwards, backs, somatotype, body composition, Bodystat